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Shamanic Connection's New sletter - Winter 2013/2014

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# Shamanic Connection

## Awaken Your Inner Shaman™

*Reconnect With Self, Spirit  
and Mother Earth  
Through Shamanci Practices*

Shamanic Connection's Newsletter  
Winter 2013/2014

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### UPCOMING PLAYSHOPS AND TRAVEL SCHEDULE:

[Exploring Your Earth Chakra](#) - Feb 22 - Mt. Laurel, NJ

[Your Chakras Are Talking ~ Communicating With Your Energy Centers - Your Heart Chakra](#) - Feb 23 - Mt. Laurel, NJ

[Private Sessions with Gary Gent](#) - Feb 24-27 - Mt. Laurel, NJ

Enlightened Living Faire - Mar 8 - Grants Pass, OR

[Private Sessions with Gary or Debbie Gent](#) - Mar 19-22 - Peoria, AZ

[Aspects of Self Shamanic Camping Retreat](#) - Jun 13-15 - Shaman's Grove - Grants Pass, OR

[See our calendar for drum circles and other events](#)

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## Shaman's News

Well, you are finally getting the Winter Newsletter. We chose to delay this newsletter to avoid getting deeply buried in your junk mail boxes with the holiday sales. We usually send out our newsletters at the change of seasons, but we got so much junk email this year, we decided to spare you looking at one more piece ☺ Now, hopefully, you can sit back, relax and enjoy the news. We will most likely send the winter newsletter in January from now on.

This fall was a flurry of activity here at The Grove. We were like squirrels, running around getting our nuts stored for winter. Most of the food has been put up and the wood cut and some split (there's more to do -- we had delusions of getting it all done when we rented the log splitter. Hah!)

Gary spent time in both Israel and The Netherlands this fall facilitating individual retreats. He's off to California this week for another retreat. I've been keeping the home fires burning and tending the business end of life while he's been off galavanting. We also got to visit the Seattle area and attend the wedding of a couple of our shamanic family members this fall.

We are preparing to head south for a week or so in

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March. Our daughter in Arizona is looking forward to having us visit. And Debbie's looking forward to getting out of the fog and seeing some sunshine.

Our drum circle here in Grants Pass celebrated it's first anniversary in January. We always have a fun group. We did have to cancel our December circle due to weather. We had heavy snow (for us) and freezing temps for a couple of weeks. Our little car doesn't like our driveway, so it sits at the bottom of the hill and we have to hike up and down. It was good to get back to our monthly drumming this month. We really rocked and rolled after being away for a month ☺

In November we got to serve as midwives to four new baby drums. We had a great group of shamans in training giving birth to their drums in our garage. Everyone left pleased and exhausted. Giving birth is hard work, whether it's babies or drums! We haven't heard them all yet, but those we have sound beautiful.

The holidays came and went rather uneventfully, except for a bout of the flu that hit Debbie between Christmas and New Years and is still not ready to relinquish it's hold. But she is gaining on it. So far, Gary has kept it at bay. (Toes and fingers and anything else possible crossed.)

Just before Yule, Debbie completed her first year of her Druid training through the Order of Bards, Ovates and Druids out of the UK. She and two "sisters" from Phoenix have been studying this past year in a "virtual grove". Isn't technology grand? They are looking forward to starting their Ovate training next month.

We have a couple of exciting playshops and opportunities for in-person soul recovery sessions on the books so far for 2014. Gary will be in NJ again in February facilitating two playshops - [Exploring Your Earth Chakra](#) and [Communicating With Your Energy Centers -- Your Heart Chakra](#). Gary will be available for

private sessions during his stay in Mt. Laurel. Both Gary and Debbie will also be offering private sessions in AZ during their visit south. See the link under "Upcoming Playshops and Travel Schedule" in this newsletter. We are also gearing up for the [Aspects of Self Shamanic Camping Retreat](#) here at Shaman's Grove in June. We're excited to welcome you brave campers to The Grove for a long weekend of exploration and play.

This quarter's article "Cleansing Your Stones & Crystals" came about after a post I wrote on the [Nature Wise blog about stones and crystals that support weight loss](#). The "best way" to cleanse stones is often a question we get so hopefully you will find the article interesting and offer you some new ways to care for the Stone People who you work with.

Until next time --

Gary & Debbie

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## **In The Marketplace**

We recently received a new shipment of sage. We have a good supply of white sage wands on hand as well as some wand blends that are sublime, such as white sage and sweetgrass wands and white sage and lavender.

The new shipment of chaparral reminds me of mornings after a rain in the high desert.

Check them out at [Shaman's Marketplace](#).

Just a note that Shaman's Marketplace will be closed from March 15 - 25 while we visit Arizona.

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## **Cleansing Your Stones & Crystals**

As shamans, we often call upon the Stone People to

assist us with healing, protection or attracting specific energies. As more and more folks are learning about the power of stones and crystals, their use has become more common. The question often comes up about how to clear/cleanse their new stones and crystals.

Like all things in the Web of Life, stones and crystals are alive. Your stones, crystals, gemstone jewelry, and pendulums can attract both good and not-so-good energy. They absorb the energies you have within you as well as any energies around you. Therefore these objects need to be cleansed and energized regularly.

### **When to cleanse a crystal or gemstone:**

Crystals should be cleansed as soon as you bring your crystal or stone home and then after each time you use the stone for healing, either for yourself or healing for someone else. If you carry stones with you for protection or to attract specific energies, you should set up a regular cleaning schedule whether it be nightly, weekly, or monthly. Cleansing your stones is a good way to get to know them.

### **How to know if a stone needs cleansing:**

This is something that you will come to sense. Sometimes the stones visibly look dark and mucky or they may feel dull, heavy, cloudy. Take time to observe your stones before and after you have cleansed them, see if you notice a brightness or sparkle once they have been cleansed both visually and energetically.

### **Methods for Cleansing Stones, Crystals, Gems, Jewelry, and Pendulums:**

There are many different methods for cleansing your stones. Here are a number of methods that are commonly used to clear crystals and stones to restore their bright, vibrant energy. Some methods are more complex or take longer, others are extremely simple and quick. Use whichever suits you and your stones

best. Whichever method you choose, focus on using it with intention of clearing negative and/or unwanted energies from the crystal. Feel free to use different methods at different times. Sometimes you need to do a quick cleansing of the crystals, like between clients, while other days you can set your stones and crystals out for a "spa day".

***Sunlight/Moonlight:*** Place your gems, crystals, pendulums, and jewelry in a place where they will be fully exposed to the energizing rays of the sun and/or moon.

Even if the day is cloudy or you cannot see the moon, their rays will energize the stones as long as they are directly exposed to these elements of nature. I like to place my stones out under the full moon each month to be cleansed.

Most stones will normally be cleansed within 24 hours of exposure. However, stones such as black tourmaline which are being used to deflect negative energies, may require up to 48 hours to become fully cleansed and regenerated.

Stones such as aquamarine, amethyst, celestite, opal, and turquoise may fade in the sun so you may want to place them out under the moon each of the three nights Grandmother Moon is full. Or you can simply use another method for cleansing and regenerating these stones.

***Earth Burial:*** Bury the stone in the ground, either directly into the earth or you can place the gems and crystals into a cloth covering, preferably a natural fabric such as cotton, wool or silk for 24 hours or up to 30 days. You may want to place a marker over it so as to be able to find it

later, or bury the stone in a pot of ground soil. (Do not use potting soil as it has been treated.) If possible, find a spot where the soil is not being spread with chemicals through fertilizers or pesticides. The soil will absorb negative energy, disperse it, and transmute it into positive energy and re-energizes the stones.

***Smudging:*** Smudging is one of my favorite ways to cleanse my stones and crystals. It's quick and easy. Prepare your sacred smudging materials. This can be any herbs or resins you prefer. White sage in wands or loose leaves wonderful cleansing energy. Sweetgrass, cedar, sandalwood, frankincense, and juniper are excellent accompaniments or can be used alone. Light them so they create a cleansing smoke. Say a small prayer or ask the Spirit to help clear the energy of the crystals to be smudged for the highest good. Then slowly pass the crystals through the smoke three or seven times, or brush the smoke over the crystal the same number of times. Do this for each crystal you wish to smudge clear of unwanted energies.

***Cleansing By Intention:*** This a simple ritual, but it works well. Place the crystals or stones in front of you, focus all your energy/intention on the stones, and ask Spirit to cleanse them of all negative energies and to re-energize your stones for their maximum potential. And please remember to thank Spirit for doing this beautiful work for you. This is extra special when done under the full moon and then leave the stones for some extra "Moon Magic".

**Visualization:** Visualize a column of pure white or golden light coming down and surrounding the stone. Imagine it cleansing and transmuting the stone's negative energies into positive ones. Visualization combined with intention a powerful way to cleanse stones and crystals.

**Running Water:** Rinse the stone in moving water. This will cleanse and re-energize your gems and crystals. Cleansing can be done in several ways: by holding the stone in a river or brook (placing it into a mesh bag will make it easier to hold onto) for several minutes, by leaving it out in the rain for several hours, by holding it under the faucet for several minutes (Use this method only if you live where you have access to good clear well water. Please do not use tap water, since it is full of chemicals.)

The water will wash away negative energy and return it to the Earth where it can be neutralized.

DO NOT USE WATER on soft stones such as angelite, some calcites, howlite, aragonite, azurite, dolomite, malachite, selenite, sulphur, etc. as it may dissolve the stone to a greater or lesser degree.

**Salt Water:** While this is a popular way to clear crystals, use salt water very carefully as it can damage your crystals. You need to know about your crystals to be sure that they are not porous or soft, so they won't be damaged by water. Salt water can get into the structure of some crystals and

stones and cause them to break. That breakage sometimes doesn't happen immediately, but the weakened structure may break later.

Some stones that don't do well in salt water are calcite, carnelian, halite, hematite, labradorite/spectrolite, lepidolite, lodestone (magnetite), mica, moldavite, opal, turquoise, ulexite, clusters of most stones, and there are surely more. When you do use salt water, do so cautiously and don't leave your crystals in it longer than absolutely necessary.

***Plants:*** Place the stone or crystal in a flower pot with one of your plants for several hours. Just as live plants purify the air, they can also purify stones as well, transmuting negative energy into positive energy. If you do not have a plant available, an alternate method is to bury the stone in a glass of dried sage or cedar for a full day. The herbs will absorb the negative energies. After use, burn the herbs, or bury them in the Earth, or discard them in a river or creek. Do not reuse them.

***Reiki:*** Reiki is another methods of cleansing crystals. Basically your are channeling the universal life force energy to heal the stones and crystal of negativity and unwanted energies. As a Reiki practitioner, just treat the stone as you would any other being that needs healing, and set your intent to heal the stone of any negativity or unwanted energies.

Whatever method(s) you choose, treat your gems and crystals with love and kindness. These stones can do so much to heal at all levels, physical, emotional,



intellectual and spiritual. They are magical gifts from Spirit and we need to treat them with respect and gratitude.

If you no longer want to keep a crystal or stone, ask if it should be gifted to someone you know. Often times our healing with the particular stone is complete and it is ready to move on to assist someone else. If all else fails, take it outside and bury it so it may return to Mother Earth.

Be sure to experiment with all these different ways to cleanse stones and crystals, and find the method that feels best to you. Most importantly, have fun with it!

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